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## Women & Padel: Start of a love story

Theme: Participation

Women & Padel: Start of a love story

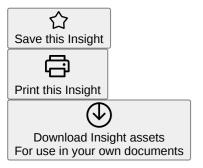
Co-authored by Kevin Pichot

### Women & Padel: Start of a love story

PADEL holds a strong appeal for women as well. Factors such as fun, simplicity, social aspects, and its relatively low physical demands play a crucial role in attracting women to the sport.

These elements have contributed to making padel one of the most popular sports among women.

### Read the full article here.

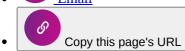


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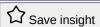
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- <u>padel+female.jpg</u> 80KB JPG

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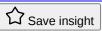
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



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2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport



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2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wāhine in Sport

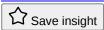
2022 IWG: Kirsten Spencer - Sport as a social development tool



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2022 IWG: Kirsten Spencer - Sport as a social development tool

2022 IWG: Erin Hatton - Driving transformational change



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2022 IWG: Erin Hatton - Driving transformational change

**Understanding Period Poverty Infographic** 



Participation

**Understanding Period Poverty Infographic** 



### Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti
Netball Resources for Clubs and School Administrators



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### **Netball Resources for Clubs and School Administrators**

By Jenna Murie - Netball New Zealand
Girls Smash Modified Girls Only Cricket Programme



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### **Girls Smash Modified Girls Only Cricket Programme**

By Jess Davidson - New Zealand Cricket

Innovative approaches to encouraging women's participation in Golf

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### Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME Netball Volunteer Programme



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### **Netball Volunteer Programme**

By Jenna Murie - Netball New Zealand Sport as a Social Development Tool

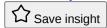




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### **Sport as a Social Development Tool**

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



### **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand
Why Aussie women's sport needs to talk about fertility



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### Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport



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### **She Belongs: Building Social Connection for Lasting Participation in Sport**

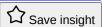
By Canadian Women & Sport - Canadian Women & Sport <u>Sport for Sustainable Development: Designing Effective Policies and Programmes</u>



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### **Sport for Sustainable Development: Designing Effective Policies and Programmes**

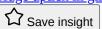
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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### The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

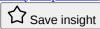
Huge uptick in girls and women playing football in New Zealand



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### Huge uptick in girls and women playing football in New Zealand

Rally Report Insights: Body Confidence



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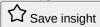
**Rally Report Insights: Body Confidence** 

Rally Report Insights: Mental Health



### **Rally Report Insights: Mental Health**

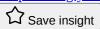
What type of uniforms do women want to wear when they referee or umpire sport?



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### What type of uniforms do women want to wear when they referee or umpire sport?

Empowering young women to lead their experiences - Journeys Central Otago



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### Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way



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By Rachel Howells - Sport New Zealand

Kōhine māia

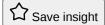


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### Kōhine māia

By Rachel Howells - Sport New Zealand

Yeah! Girls Move - Cricket not the way you know it





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### Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

For young women, by young women - WORD girls-only programme



### For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

Not just for the "sporty", the Not-So-Sports-Club

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### Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



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### Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



Participation

### **Backyard Smash & Sista Smash**

By Roxanna Holdworth - This is ME Removing Period Poverty As a Barrier to Participation



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### Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

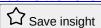
Te Awamutu AFC starts 2024 off strong with growing demand



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### Te Awamutu AFC starts 2024 off strong with growing demand

Pacific Women's Leadership Programme Impact - Sela Vaenuku



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IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



IWG: Claire Badenhorst -	Iron regulation	n throughout t	he lifespan -	An active female	perspective
"Beginning Day 1" Checklist: Ho	ow to Coach and Si	upport Women an	d Teen Girl Atl	aletes	

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### "Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

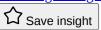
**Nutrition For Female Athletes** 

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### **Nutrition For Female Athletes**

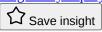
Coaching through a Gender Lens Infographic



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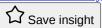
Angel City Equity House Podcast: Myth Busters presented by Gatorade



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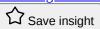
2022 IWG: Emily Davidson - She Loves Golf Presentation



Participation

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Hikurangi Golf Club president Felice Croft encouraging more women into the sport



Participation

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Running and periods: The myths about exercise and your menstrual cycle, debunked



Running and periods: The myths about exercise and your menstrual cycle, debunked

<u>Updated Pregnancy guidance from UK Sport</u>

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### **Updated Pregnancy guidance from UK Sport**

IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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### **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

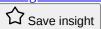
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



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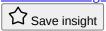
Young Women Profile - September 2021



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### **Young Women Profile - September 2021**

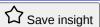
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



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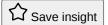
New Zealand Football Performance & Prevention - Considerations for Female Athletes



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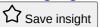
### **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



### **IWG:** Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

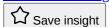
Co-Designing Effective Programmes for Young Girls: Insights and Principles



Participation

### **Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants



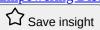
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### **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme



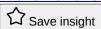
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### **Empowering Disengaged Girls Through A Participant-Centered Programme**

By Briana irving - Aktive - Auckland Sport & Recreation

Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

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### **Aktive Women & Girls Facility Guide**

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"



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### Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

<u>Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"</u>



**Participation** 

# Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



### IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL



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### 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

<u>Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"</u>



Participation

# Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

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